

affecting predisposition, resistance and immunity.

On fighting tuberculosis at home the advice given is "employ the most competent physician of your locality, give him your confidence, and co-operate with him heartily."

A word of warning is given as to the avoidance of patent medicines advertised as cures or remedies for tuberculosis, and in regard to change of climate, it is satisfactory to those who cannot afford to move to a different part of the country to read that "change of climate is not now considered an essential part in the treatment of tuberculosis," but as to the house, stress is laid on the point that "if you must take treatment in your own home, make up your mind that it is likely to be a campaign of one, two, or three years rather than a short battle, and take account of all your resources and surroundings in preparation for the struggle. If the house you live in is not suitable, move to another one. The special points that are desirable are then detailed, a chapter is devoted to the room for a consumptive, and the fact that flies may carry the germs of disease from place to place is emphasised. Personal cleanliness—washing the hands before and after each meal, cleansing the teeth two or three times daily, the use of cloths or paper napkins which can be burned, instead of handkerchiefs, are insisted on. The importance of warm, cleansing baths two or three times a week is pointed out.

Of supreme importance to a consumptive is fresh air, and the question of "sleeping porches" is therefore a very important one. Various patent devices may be purchased to attach to the exterior of a house over any window and serve as a sleeping porch, and one of a good type is here reproduced. If one is to be built it should be at the south-west or south-east side of the house preferably in an angle and on the second story level. For rest in the open air in the daytime a porch or roof may be available that is not suited for a sleeping porch. Such a roof is shown in our second illustration; in this way with the minimum of expense a maximum of fresh air will be secured. Just now when soldiers are returning

from the front incapacitated by tuberculosis a knowledge of the best methods of home treatment is of special importance. We commend this book to the attention of all those who select the libraries of nurses' homes and clubs, and also to social workers.

### THE INSTITUTE OF MASSAGE AND REMEDIAL GYMNASTICS.

We have received from Dr. A. E. Barclay, Hon. Secretary of the Institute of Massage and Remedial Exercises, 71, King Street, Manchester, a statement of the aims and objects of the Institute, in which it is stated that for some time past it

has been felt that it would be greatly to the advantage of the medical profession and massage generally, if a widely representative society were established, which would have a board of management elected annually, upon which charitable institutions and the medical profession would be represented.

With this object in view, the Institute of Massage and Remedial Gymnastics has been founded. It has the licence of the Board of Trade to dispense with the word "Limited," as part of its title, and is therefore incorporated, with limited liability, as a legally constituted body. The Articles of Association provide for:—

- (a) A properly constituted Board of Examiners, who shall be members of the medical profession, and such other qualified persons as may be thought necessary to provide for the examination of candidates and the granting of certificates.
- (b) Centres in all large towns wheresoever there are candidates prepared for examination, and Local Committees on which matrons of hospitals and others will sit.

A National Health Fair for the promotion of the work of the Institute of Hygiene was opened on Monday last at the Institute in Devonshire Street, W., by the Lord Mayor of London.



CITY DWELLERS CAN OFTEN USE FLAT ROOFS.  
From the "Journal of the Outdoor Life."

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